

Community Education Service

Sleep Hygiene and your Teens

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complexlearners.com

May 9, 2019

7:00 pm - 8:30 pm

Sign in: 6:45pm

Calgary Academy

1677 93 St SW Calgary

Session is FREE
of charge/
Parking fees
may apply

Register: <http://community.hmhc.ca/>

For more information: email ces@ahs.ca or call (403) 955 - 4747

Are you and your family members getting enough sleep? Do you:

- Feel sleepy at the wrong times
- Have trouble paying attention
- Fall asleep quickly
- Feeling wired at the wrong time of day
- Feel frustrated and irritable
- Have trouble controlling impulses
- Have difficulties with attention and concentration
- Have memory problems

Approximately 30% of adolescents between 12-18 do not meet minimum sleep requirements (8-10 hours/ night), and about 60% report feeling tired when going to school.

This level 1 presentation will focus on why sleep is so necessary and will provide parents with practical strategies to help develop healthy sleeping habits for everyone, parents included!